

## Questions about your preferred weight and other health goals

These questions are for you to ask yourself. You do not necessarily need to tell me the answers. If you do, please do not tell me any confidential information. You may want to write down the answers for yourself to review and think more about later.

Fortunately, measuring progress in losing weight and achieving a target weight is an easy goal to measure objectively; all you need is a bathroom scale.

1. When you were a younger adult, how much did you weigh?
2. When did you start gaining weight?
3. Why do you think you gained weight to what your weight is now? Was there some event that started your weight gain? Did you change what you were eating or otherwise doing that you think caused the weight gain?
4. Are there any activities that your current weight has prevented you from doing, or made more difficult for you to do?
5. Are there any costs, financial or otherwise, associated with your current weight that will be reduced or eliminated when you lose a specific amount of weight?
6. When did you first start thinking about losing weight?
7. What reasons and concerns prompted you to start thinking about losing weight?

I can think of some possible answers. I prefer not to suggest them to you and rather just leave it an open question. If, after thinking about what your reasons and concerns are, if you want to know the reasons and concerns that I thought of for why someone might want to lose weight, I will tell you. You (and other people) may have answers that I haven't thought of.

8. When did you first decide to make behavioral changes to lose weight?
9. Have you tried to lose weight before?
10. If you have tried to lose weight before, how did you try to lose weight?

Again, I can think of some possible answers, but I prefer to leave it an open question. You may have answers that I haven't thought of.

11. If you have tried to lose weight before, were you successful?
12. If you were successful at losing weight before, how many pounds did you lose?
13. If you lost weight before, how long did you maintain that weight? Did you regain some weight, the same amount, or more?

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14. If you lost weight before and gained weight again, what did you change that you think caused you to gain weight again?
15. How much weight do you want to lose now?
16. When do you want to reach your weight goal? Is there a particular date or event?
17. Do you have any other goals regarding changes to your health?
18. Do you have any concerns about losing weight? When you lose weight, what are you losing? What are you gaining?
19. How much time, money, and attention are you willing to devote to losing weight and improving other aspects of your health? How determined, dedicated, and committed are you to lose a specific amount of weight?
20. Can you picture what you will look and imagine how you will feel physically and emotionally when you reach your target weight?
21. What diet and other behavior changes are you willing to make to achieve your goal of losing a specific amount of weight?
22. What diet and other behavior changes are you not willing to make to achieve your goal of losing a specific amount of weight?
23. Are your taste buds and/or stomach giving you a hard time and raising objections about losing weight? Do they object when you make food choices and other behavior changes that will result in your losing weight?
24. Who is stronger and has more influence on you: your taste buds and stomach, or your imagination and determination to lose weight?
25. How many different foods do you eat?
26. Are you aware that there are at least 20,000 edible plants?
27. Are you aware that there are foods made from plants that taste very much like foods made from land and water animals, dairy, and eggs?
28. Are you aware of the effects of different food choices on your weight?
29. Are you aware of the effects of different food choices on other aspects of your health?

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30. Beyond that, are you aware of the effects of food choices on animals, employees of slaughterhouses and factory farms, food insecurity and inequality between different countries and communities, availability of healthy foods, the world food supply, biodiversity, wildlife habitat, species extinction, land, air, and water scarcity and pollution, global warming and climate change?
31. In general, how do you learn best? For example, by reading, watching movies and videos, talking with people in video conferences, phone calls, and in person, attending talks and classes in person, other ways?
32. What general types of sources of information, specific sources of information, types of professionals, and specific people do you trust to give you accurate and constructive information about losing weight and improving other aspects of your health?
33. Why do you eat each of the foods that you eat? You might have different reasons for different foods. Are you aware that there might be different, healthier, foods you can eat that will satisfy the same reasons and will help you lose weight?
34. What are your concerns, what do you think or imagine the short term and long term consequences might be of not losing the amount of weight you want to lose?
35. Are there individual people and groups of people in your life who will support you in achieving your target weight and with whom you can discuss your experiences, concerns, challenges, and successes?
36. Do you know any people who have lost weight? If yes, do you know how they did that? Have you asked them about their experiences, the challenges they faced and how they overcame them, and advice about losing weight? Have you read about, watched videos or movies about, or heard about other people losing weight and why and how they did that?
37. Do you have a medical professional who will supervise you in losing weight?
38. Are there people that you admire who inspire you to lose weight?
39. Are there activities that you currently cannot do or have difficulty doing because of your weight that you think you will be able to do, or do better or more comfortably, when you lose a certain amount of weight? Can you imagine yourself doing those activities with ease?
40. When you are the weight you want to be, how will you use the story of how you did that to inspire others to reach their weight goals?
41. What other questions do you have about eating and the effects of your food choices on your health?